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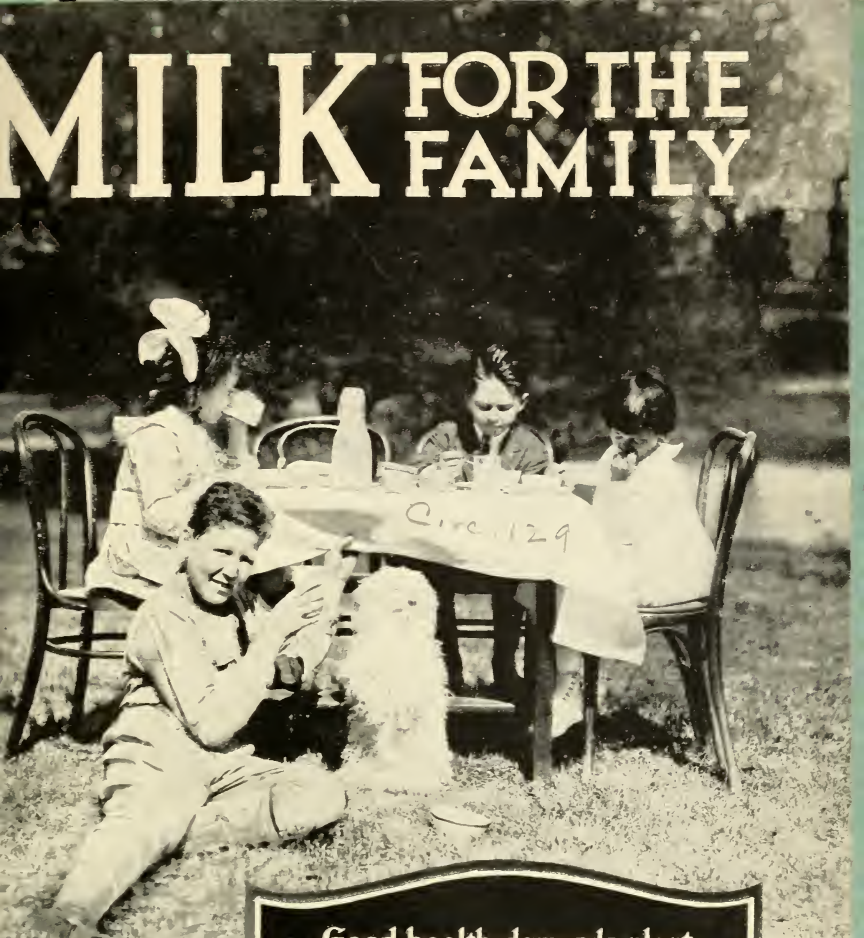
MILK FOR THE FAMILY



Good health demands plenty of milk. It supplies the body with necessary materials in exceptionally healthful and economical forms. An abundant supply of good milk is of national importance.

C. F. Langworthy.

MILK FOR THE FAMILY.

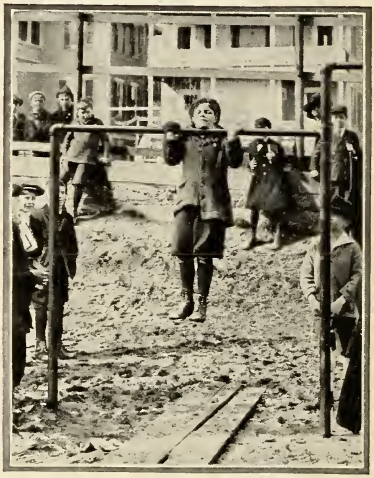
USE MILK. USE IT FREELY.

A quart a day for every child is not too much, and each should have at least a pint. Plenty of milk gives your children the chance for health they ought to have. It helps them to grow, to keep well, and to build strong, vigorous bodies. Grown-ups, too, will find it wholesome and desirable; while in old age, with the need for simple fare, milk is commonly and largely depended upon. Wholesome, readily digested, and containing valuable nutritive material, milk is greatly depended upon in the diet of the sick and the convalescent.

A mother having the responsibility of the development and nourishment of an infant should use a quart of milk a day in order to meet this additional physical demand.

USE MILK FOR STRONG BONES, TEETH, AND MUSCLES.

Milk gives us protein for building muscles and other body tissues. It also gives us calcium (lime), which is needed for our bones and teeth, and for other body uses.



Milk makes muscle.

Protein and lime are also important in repairing our bones and muscles and other body tissues which are used and replaced as a result of normal wear and tear of our bodies. Well-developed muscles and strong, well-formed bones and teeth are just as essential for a strong body as are good materials and good construction for a well-built engine. Strong, healthy teeth are not only signs of health, but they also resist decay.

MILK SHOULD NOT BE THE ONLY FOOD FOR CHILDREN.

Fruits, vegetables, cereal grains and their products, as well as butter and limited amounts of other wholesome fats, eggs, and similar foods, should be used to form a well-rounded diet.

These four quantities of food contain equal amounts of lime.

The diet of many American families consists too largely of meat, potatoes, white bread, and coffee. All these are low in lime. On such a diet, there is little wonder that dental clinics are increasingly necessary in our public schools.

A quart of milk contains as much lime as 28 pounds of beef, 23 pounds of potatoes, or 9 pounds of white bread.

MILK HELPS YOU GROW AND KEEP WELL.

Recently it has been found that in addition to the substances we have long been familiar with, certain foods, including milk, contain other substances necessary for normal growth and development. These are commonly called " vitamines." Unless our food supplies them, underdevelopment and illness will result, which may become serious or fatal if the deficiency is long continued. It is generally believed that if fat-soluble A, one of the vitamines, is lacking, growth is checked and liability to serious eye diseases and other infections and diseases is increased. If water-soluble B is not supplied, body development is hindered and diseases develop more easily. A lack of the third vitamine, water-soluble C, may be a cause of scurvy and some of those common infections to which teeth are subject.

Milk is rich in fat-soluble A (particularly whole milk, cream, and butter), and it also supplies some water-soluble B; and fresh milk, especially, contains some water-soluble C. Here are added reasons

for considering milk an important food for all, but particularly for babies and for growing boys and girls.

MILK GIVES US ENERGY AND STRENGTH.

It supplies energy for the needs of the infant's body, and adds to the fuel food of the child and the adult. Milk fat and milk sugar (typical fuel foods) are both found in milk. A quart of whole milk contains about 1¼ ounces of fat. The milk sugar in a quart of either skim milk or whole milk would fill three tablespoons. Milk proteins also add to the fuel supply.

A dollar spent for different kinds of food does not yield a like quantity of fuel in all cases, any more than does a dollar spent for wood, coal, gas, or electricity. Milk is a reasonably cheap source of body fuel.

Use clean milk.—For health's sake it is important that milk should be fresh, clean, and wholesome. If you produce your own milk, see that the cows are healthy and clean. Keep the milk clean, cold, and covered.

If you buy milk, be sure that it is clean. Your board of health can help you in this. If you are uncertain of your milk supply, it is safest to use pasteurized milk.

Milk is a good food for all.—A baby will double and often treble its weight in six months with no other food. Almost every one likes to drink milk; but it is more than a beverage—it is an efficient food.

Use milk for building bones, teeth, and muscles.—Use milk to produce energy, to promote growth, and to maintain health.

Use all dairy products.—Milk, butter, cheese, buttermilk, and ice cream. Use them as part of the regular meal, not merely as an addition to it. Milk and its products are among the best foods we have.

Milk is an economical food.—It requires no time for preparation, and there is no waste in the form of parings, cores, or bones. It is a complete food in early infancy, and should be used freely by children and grown-ups.

Every child should have at least a pint of milk a day.

Department Circular 129, U. S. Department of Agriculture.
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